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WHO HAD MICHAEL CAINE STAR-STRUCK?

ACTOR SAYS MEETING WORLD-RENOWNED PHYSICIST STEPHEN HAWKING NEARLY LEFT HIM IN TEARS PAGE 12

Son of detained couple China-bound

Beijing. Simeon Garratt will be trying to get his parents legal counsel this week, while Prime Minister Harper meets with Chinese leadership

Pictured are, from left, Kevin Garratt, Julia Dawn Garratt, Hannah Garratt and Simeon Garratt. Simeon is travelling to Beijing at the same time as Prime Minister Stephen Harper in the hopes his visit will help put pressure on Chinese authorities to grant his parents access to legal counsel. Kevin and Julia were arrested Aug. 4 on suspicion of stealing state secrets. COURTESY SIMEON GARRATT

When Prime Minister Stephen Harper sits down for talks with Chinese President Xi Jinping this week, the son of a Canadian couple detained in China will be heading to Beijing in a move he hopes will put pressure on Chinese authorities to grant his parents access to legal counsel.

Simeon Garratt, who lives in Vancouver, said he decided to book a last-minute ticket to China so his visit coincides with Harper's third official visit to the country this week.

"The timing made sense," Garratt told Metro on Tuesday. "There's really going to be no other chance that's going to be exactly like this with such a strong Canadian presence."

Kevin and Julia Garratt were arrested in China on Aug. 4 on suspicion of stealing state secrets about the country's military and defence research.

Their detainment makes little sense, said Garratt, as his parents, who have lived and worked in China for the past 30 years, spend their days running a coffee shop and have never been in a position to gain access to classified government information.

Since they were detained, Garratt said, his parents have been kept almost entirely isolated from each other. Authorities recently allowed the couple to have breakfast together last week, and have increased their outdoor time to 30 minutes a day.

"It's very isolated and it's very mentally straining on them, I think," he said.

Consular officials have met with the couple but information about the case is scarce, which Garratt said is frustrating, especially since Chinese authorities haven't laid charges.

His parents are also being denied access to legal counsel, he said.

Garratt said he hopes to meet with high-level embassy officials during his six-day trip to bring up his concerns.

"I think having the prime minister there and having these high-level talks will help flesh out some of the details of the situation," he said.

At the very least, Garratt said Canada should push hard for his parents to have access to legal counsel.

In a recent news release that announced his trip, Harper made no mention of human rights, nor did he speak to any human rights issues during the four minutes that photographers spent in his office with Chinese ambassador Luo Zhaohui.

However, many analysts say it is not unusual for western leaders to raise human rights issues with Chinese leaders in a way that allows for some saving of face, which may bring about long-term results such as the freeing of prisoners.

Foreign Affairs spokeswoman Caitlin Workman said she could not comment on Garratt's trip to Beijing, but the department is continuing to provide consular assistance and is raising the case at senior levels.

THANDI FLETCHER/METRO
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NEWS 1

Housing

Single-person households on the rise: CMHC

People living alone and seniors will drive most of the housing demand in B.C. into the next decade, says the Canada Mortgage and Housing Corporation.

CMHC regional economist Carol Frketich, presenting at the corporation's annual housing outlook conference in Vancouver on Tuesday, singled out boomers and the "echo generation" (those aged 22-42) as the two groups that will influence housing trends most by 2026.

"The share of persons living alone is going to become the most common household type going forward," said Frketich. "One-person households mean maybe smaller units, maybe a different type of tenure or maybe more flexible household arrangements."

Frketich says up to 32 per cent of all households by 2026 will be people who live on their own. Senior-led households are also forecast to increase to 34 per cent of all households by 2026, from 23 per cent in 2011.

"The number of people in their 70s is going to double between 2011 and 2026," Frketich told the conference. "This is why I say they're going to influence housing trends."

In the short term, Frketich said housing sales will be "relatively stable" in 2015 and 2016, with the average price of a home in B.C. increasing to $573,000, from $566,300 this year.

So far this year, the market has spiked 23 per cent over 2013, but Frketich expect growth over the next two years to be at a slower pace. MATT KIELTYKA/METRO

Taxis wait in a queue outside Canada Place in Vancouver on Thursday, Oct. 30. JENNIFER GAUTHIER/METRO FILE

Vancouver taxis hit Uber with suit

Pre-emptive strike. Though ride-share company has yet to launch in the city, taxi association is seeking injunction

EMILY JACKSON
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Taxi companies want Uber to keep out of Vancouver, and they're willing to fight the battle in court.

The Vancouver Taxi Association filed a lawsuit Tuesday seeking an injunction to prevent Uber from operating in the city without licences from the Passenger Transportation Board, according to a statement from the association's Carolyn Bauer.

The association argues that Uber, a ride service that connects passengers to drivers using a smartphone app, ignores regulations to get an unfair competitive advantage at the expense of public protection.

Considering Uber doesn't operate in Vancouver yet — the company has posted ads for drivers and office jobs, but it didn't launch on Halloween as rumoured — the lawsuit is a pre-emptive strike against the company that operates in more than 200 cities worldwide.

The association insists it is not trying to prevent the public from getting service and that it is working on technology to improve access to taxis.

Uber believes the lawsuit is a "prime example" of the taxi industry's goal to protect its cartel, according to an emailed statement from spokeswoman Arielle Goren.

"Moving beyond their typical tactics of threatening drivers, paying politicians thousands of dollars in campaign contributions, and lobbying regulators for special protections, the Vancouver taxi industry is now venturing into unchartered territory by suing a business that doesn't even exist in the market yet," the statement says.

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YVR. Taxicabs launch guaranteed zone fares to Richmond, Vancouver

Taking a taxi from Vancouver International Airport is about to get simpler.

Starting Thursday, cab companies operating out of YVR will have guaranteed zone fares to destinations in Richmond and Vancouver, the Vancouver Airport Authority announced Tuesday.

The fares, which range from $20 to $41, are based on the existing metered fare to the midpoint of each geographic zone.

A trip from the airport to Central Richmond, for example, would cost $20, while a trip to North East Vancouver would cost $41.

All other destinations throughout Metro Vancouver, including inbound trips to YVR, will maintain the metered system, according to the airport authority.

The application for zone fares was approved by the Passenger Transportation Board. THANDI FLETCHER/METRO

Precedence

Many airports around the world, including New York's John F. Kennedy International Airport and Pearson International Airport in Toronto, already have zone fare systems in place.

Power deal. Natural-gas developer commits to electricity but not project

B.C.'s minister of natural-gas development says a liquefied natural-gas plant developer has committed to powering part of its proposed operations with electricity.

Rich Coleman said Tuesday that the proposed LNG Canada project near Kitimat will connect to BC Hydro's grid and use electricity to power part of its needs, but natural-gas turbines will drive the compressors to chill natural-gas into liquid form.

LNG Canada has yet to make a final investment decision on whether it will proceed with the project, located near Kitimat.

The agreement between the venture company and BC Hydro is the first such power deal signed in the province with an LNG proponent.

BC Hydro president Jessica McDonald said the agreement provides greater certainty on future power needs and delivers long-term benefits for customers.

Coleman and Energy Minister Bill Bennett also announced the rates LNG companies will be charged to connect to BC Hydro's electrical grid.

The energy and demand charge for LNG facilities in 2014 will be $83.02 per megawatt hour, before applicable taxes, the ministers said in a joint statement.

The average rate paid in 2014 by other industrial customers in the province is $54.34/MWh, they said.

THE CANADIAN PRESS

NPA mayoral candidate Kirk LaPointe released his party's full election platform at NPA headquarters on Tuesday. EMILY JACKSON/METRO

NPA releases platform, Vision questions math

'Realistic' or 'fantasy'?

NPA's pledge of practical spending based on shifty estimates, Vision alleges

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The Non-Partisan Association (NPA) released its full election platform Tuesday, pitching the party as practical spenders who won't increase taxes as much as ruling Vision Vancouver.

Mayoral candidate Kirk LaPointe announced at a news conference that his 60 promises — he pledged to investigate counter-flow lanes, provide free parking on Sundays outside the downtown core and build three new outdoor pools — would cost taxpayers $18 million annually and $50 million in capital and one-time expenses.

The NPA would have "no problem" finding savings to fund these programs while at the same time freezing property tax to the rate of inflation for at least one year, LaPointe said.

That's a change from July, when he promised to freeze taxes, period.

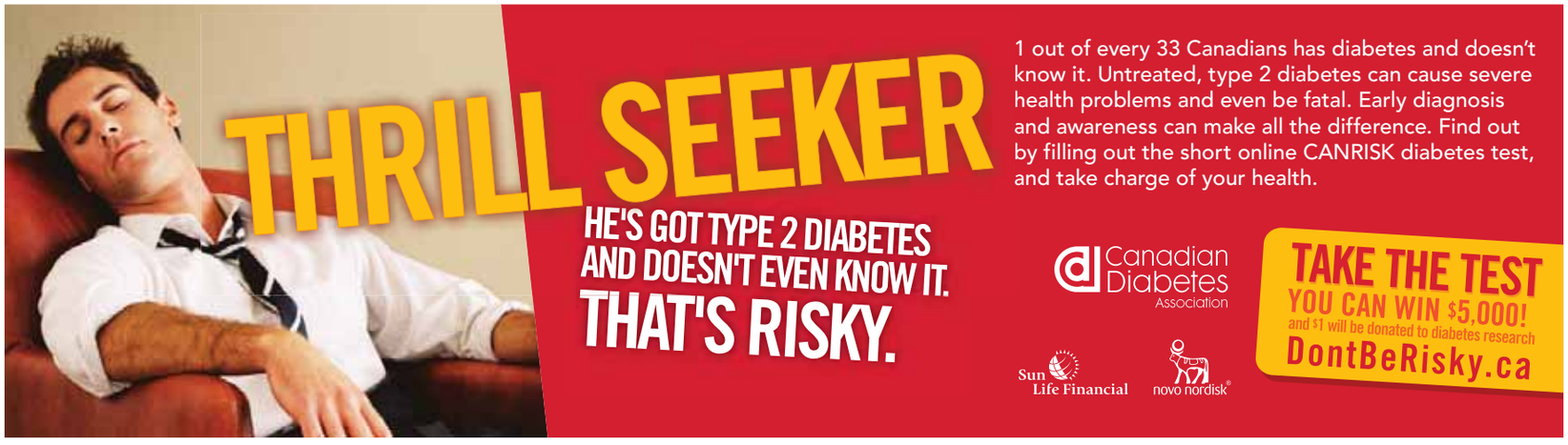
But the NPA's numbers — despite repeated claims that they were "realistic" and "costed out" — appear to be lowball estimates based on city reports that Vision Vancouver was quick to trot out.

For example, the NPA pegged the cost of counter-flow lanes as a one-time $300,000 expense, compared to Vision's estimate of $17 million for one lane based on staff reports citing costs of at least $3 million for left-turn bays at one intersection.

The NPA also believes it can create a new City Plan for $2 million. It cost about $630,000 for the city to conduct three neighbourhood plans at once, according to a 2011 staff report.

Vision Mayor Gregor Robertson told reporters that the NPA's numbers were a "fantasy" that prove the party isn't a credible option.

He did admit, however, that the average taxes and fees for a single family home have increased 46 per cent in his tenure, although he said that was partially due to Metro Vancouver regional fees out of the city's control.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Heavy rain causes flooding in North Vancouver

Creeks overflow. 17 homes in Lynn Valley were flooded, forcing residents to flee

Heavy rainfall caused creeks to overflow in Lynn Valley late Monday, flooding streets and homes and forcing residents to evacuate.

On Monday night, District of North Vancouver Fire and Rescue Services responded to the area of Fromme Road and Kilmer Road, where water from nearby Hastings and Kilmer creeks flooded 17 homes.

The heavy rain also saw Gallant Creek in Deep Cove overflow, flooding Gallant Avenue, according to a statement from the District of North Vancouver.

Response

About 40 workers responded to redirect the flow of the water overnight and clear roads of debris, the district said.

No major roads were closed as a result of the flooding, the district said.

On Tuesday morning, most residents had returned to their homes, but the flooding forced school officials to close Argyle Secondary School.

Officials are not sure what caused the creeks to overflow, but the district said it would be investigating Tuesday.

THANDI FLETCHER/METRO

This photo depicts flooding at Argyle Secondary School. INSTAGRAM

No consensus. New Jumbo Glacier Resort is in avalanche path: NDP

The B.C. New Democrats and governing Liberals can't agree on whether the day lodge for the New Jumbo Glacier Resort is being built in the path of a dangerous avalanche zone.

Opposition Leader John Horgan asked Environment Minister Mary Polak to withdraw Jumbo's permit in the legislature on Tuesday, saying the lodge is in a class-four zone, the second most dangerous classification for avalanches.

But Forests, Lands and Natural Resources spokeswoman Vivian Thomas says the lodge is actually 56 metres away from the "avalanche run-out" area and its location was considered during the assessment process.

The proposed $1-billion year-round ski resort west of Invermere had been rushing to meet a provincial construction deadline before its government-issued environmental-assessment certificate expired on Oct. 12.

The NDP later released a statement saying the Liberals are making a mockery of the environmental-assessment process and rewarding bad behaviour.

Nelson-Creston MLA Michelle Mungall says the day lodge isn't the only violation of Jumbo's certificate and that a preliminary look at the certificate requirements shows the company is in violation of three other conditions. THE CANADIAN PRESS

17 rifles, five handguns

B.C. Mounties investigating theft of 22 guns

Police are trying to track down suspects after 22 firearms were stolen from a shed in Spallumcheen, north of Vernon, B.C.

RCMP spokesman Gord Molendyk says a locked safe containing 17 rifles and five handguns was taken from a shed attached to a mobile home near Highway 97 on Sunday.

The break-in was reported in the afternoon, but Molendyk says it's possible the crime happened in the early morning after a loud bang was heard.

Police are concerned that whoever has the stolen guns might try to sell them on the black market for illegal purposes.

Molendyk says it would have required several people to move the safe.

THE CANADIAN PRESS

Token of gratitude

Free parking for Vancouver veterans until Remembrance Day

As a small thank you to B.C.'s veterans, Vancouver will offer them free parking until Remembrance Day.

Any vehicle with a veteran licence plate will not be charged for parking at meters, EasyPark parkades and lots and at park-board facilities including Stanley Park and the Vancouver Aquatic Centre. It also includes downtown community centres in Coal Harbour and Yaletown.

People distributing poppies will also be exempt from parking fees.

The freebie is a way to recognize the military service and dedication these men and women provided to Canada, according to a statement from the city.

EMILY JACKSON/METRO

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CP Rail agrees to pause work on Arbutus corridor

Dispute with city. No more gardens will be bulldozed until case is heard in court next month: Railway

EMILY JACKSON
emily.jackson@metronews.ca

Gardeners fearing the fate of their plants along the Arbutus corridor have received a one-month reprieve.

CP Rail promised the City of Vancouver it will pause work on the 11-kilometre corridor until the parties meet in court in December, according to a statement from the city on Tuesday.

The city filed an injunction with the B.C. Supreme Court in October in an effort to stop the railway from reactivating trains along the route, which hasn't been used since 2001.

The dispute stems from CP's failed attempts to sell the land to the city. The city would pay $20 million for the property, which it pledges to keep zoned for transportation, but CP says it's worth at least $100 million due to speculation the city will rezone it for far more lucrative residential uses.

CP bulldozed gardens along the corridor this summer, but has promised no more will be bulldozed and no trees will be chopped down until the case is heard.

"It's a positive step to see work stopped," Mayor Gregor Robertson told reporters Tuesday. "I've worked hard to protect taxpayers — and the Arbutus corridor as a greenway — and ensure that we don't get bullied into overpaying for the corridor."

Residents may see workers on the tracks to prune trees between King Edward Avenue and Marpole to protect B.C. Hydro lines and replace a section of tracks at 60th Avenue due to water-main work, but this will not affect any gardens.

The parties are scheduled to meet in court on Dec. 9.

Gerry Oldman's garden along the Arbutus corridor is overturned by CP Rail on Aug 14. METRO FILE

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Not unaffiliated. Surrey ballot mix-up handled appropriately: City

The City of Surrey says legal counsel has confirmed its election officials took all the appropriate steps after discovering ballots during advance polls on Saturday were incorrect.

One Surrey candidates Michael Bose and Maz Artang were listed as unaffiliated on ballots when advance polls opened Saturday at Cloverdale Recreation Centre, Sunnyside Hall and the city's election depot.

Polls were suspended for 55 minutes as new, corrected ballots were printed off. The ballots already cast before the mistake was caught were segregated and secured, and will still be counted Nov. 15.

"Independent legal counsel has confirmed that Surrey Election Officials took appropriate steps to ensure the integrity of the voting process," a statement from the City of Surrey says, adding that the provincial ministry responsible for local government is also "pleased" with the steps taken.

MATT KIELTYKA/METRO

Time to get your vote on

Advance polls for Vancouver's municipal election are officially open at eight locations until Nov. 12 (excluding Remembrance Day) from 8 a.m. to 8 p.m. Election day is on Nov. 15. For more information on candidates and where to vote, visit vancouver.ca/vote. EMILY JACKSON/METRO

Surrey

Police seek man after two stabbed at restaurant

Surrey Mounties are asking for the public's help to identify a man who entered a restaurant and stabbed two employees on Saturday afternoon.

An employee called police when a man walked through the back door of the restaurant in the 7100 block of King George Boulevard around 12:15 p.m., according to a statement from Surrey RCMP.

Two employees were trying to detain the man until police arrived when he picked up a knife, stabbed both of them and escaped through the back door.

The suspect CONTRIBUTED/ SURREY RCMP

Both victims are recovering from non-life-threatening injuries.

The suspect is described as a bald, white, five-foot-11 man in his late 30s to early 40s. He has a large build and wore sunglasses and a baseball cap. EMILY JACKSON/METRO

Employment. Official with Bank of Canada tells youth to take on unpaid work

The Bank of Canada governor is recommending jobless young people seek unpaid work as they wait for the economy to recover.

Stephen Poloz says young Canadians struggling to find work should add more experience to their CVs by volunteering in their area of expertise.

Speaking to a House of Commons committee, Poloz predicted it will take up to two years for hiring to catch up with the economy.

Poloz's remarks come a day after he said in a speech that 200,000 young Canadians are out of work, underemployed or back in school trying to improve their job prospects.

In Monday's address, Poloz said he bet almost everyone in the room knew at least one family with adult children living in the basement.

Poloz says recent graduates who have not been able to enter the workforce will have to compete for jobs against the fresh crop of new grads that arrive after them.

Liberal MP Scott Brison asked Poloz whether he thought unpaid internships were of more benefit to wealthier youth, because young people from a lower-income background can't afford to work for free.

Poloz acknowledged it was an issue with unpaid work, but he recommended young people take the opportunities when they are available.

THE CANADIAN PRESS

Iraq. Commander details results of Canada's first airstrikes against ISIL

Canada's overseas operations commander has lifted the veil on the secrecy surrounding the air force's first bombings mission in Iraq.

Lt.-Gen. Jonathan Vance says CF-18 strikes on Sunday destroyed construction equipment that militants were using to develop defensive positions near Fallujah, west of Baghdad.

The militants were also reshaping a local dam, flooding nearby land to force Iraqi forces onto roads that had been mined and to deny locals a water supply.

Vance won't say if any members of the Islamic State of Iraq and the Levant (ISIL) were killed, but says there were no civilian casualties.

The update comes amid published U.S. reports that suggest the war plan to beat back ISIL will stretch until at least the end of 2015.

THE CANADIAN PRESS

Teen pimp sentenced to more than 6 years

Ottawa. Judge calls 18-year-old's crimes 'heinous, premeditated and well organized' as victims, families shed tears in court over result

JOE LOFARO
Metro in Ottawa

Det. Carolyn Bottling, left, and Det. Kelly Lyle said the victims are happy with the six-and-a-half-year sentence given to an 18-year-old woman who lured young girls into a prostitution ring in Ottawa in 2012. JOE LOFARO/METRO IN OTTAWA

An 18-year-old woman who, at age 15, preyed on young girls in Ottawa and forced them into prostitution was given an adult sentence of 6-1/2 years in custody Tuesday after a judge read a scathing summary of her "vile" crimes in 2012.

The woman was convicted in January on 27 out of a total 32 charges after Justice Diane Lahaie heard testimony from five victims who relived the horror in court.

The court also on Tuesday lifted the ban on publishing her name: Kailey Oliver-Machado.

Some were drugged, while others were beaten or had their clothes forcibly removed to have nude photographs texted to johns. One girl who brought "teddy bear" pajamas to what she thought was a friend's sleepover was instead given a provocative change of clothes and delivered to johns in underground taxis to perform sex acts.

Oliver-Machado was found guilty of charges that included human trafficking, making and possessing child pornography, sexual assault, assault and forcible confinement.

Lahaie credited her for time served in jail, so she will serve just under three years in a correctional facility.

Defence lawyer Ken Hall had tried to protect his client by asking for a youth sentence, but the judge sided with the Crown's request that Oliver-Machado be sentenced as an adult.

"Her crimes were heinous, premeditated and well organized," said Lahaie. "Her actions were the product of a mind which was far more advanced than her age."

The decision brought tears of joy to the victims and their families in the courtroom. One of the teen victims whispered, "I'm not scared anymore."

Hall told reporters he is contemplating an appeal of the adult sentence.

Lori Douglas

'Naked judge' to face hearing

A Manitoba judge whose nude pictures were posted online has lost a bid to quash a disciplinary hearing that could result in her removal from the bench.

THE CANADIAN PRESS

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Oscar Pistorius

Prosecution files conviction appeals

Prosecutors in the Oscar Pistorius case filed appeals Tuesday, believing the judge did not correctly apply the law when she found Pistorious not guilty of murder for shooting Reeva Steenkamp. They will also appeal his conviction for the legal equivalent of manslaughter.

THE ASSOCIATED PRESS

Thailand

Student insults king, gets jail time

A Thai court sentenced a university student to 2-1/2 years in prison on Tuesday for posting a Facebook message the court said insulted the country's king.

A Criminal Court judge found 24-year-old Akkaradet Eiamsuwan guilty of violating Thailand's lèse majesté law, which punishes people who defame, insult or threaten the monarchy.

The role of the monarchy has come under closer scrutiny in recent years due to concerns about succession when 86-year-old King Bhumibol Adulyadej reaches the end of his reign.

Thailand's lèse majesté law is the world's harshest, carrying jail terms of three to 15 years.

THE ASSOCIATED PRESS

Rebuilding

Reconstruction of Gaza begins: UN

The United Nations says that a program to reconstruct the Gaza Strip after this summer's 50-day war with Israel has begun.

Palestinian estimates say that as much as $6 billion will be required to repair the damage.

THE ASSOCIATED PRESS

Parcels, parts of an Ebola treatment centre, wait to be loaded onto an airplane bound for Sierra Leone at Schoenefeld airport, south of Berlin, on Tuesday. ODD ANDERSEN/AFP/GETTY IMAGES

Thousands look for food, break Ebola quarantine

Sierra Leone. With deliveries not reaching some West African regions, Ebola patients are forced to gather their own resources

Thousands of people in Sierra Leone are being forced to violate Ebola quarantines to find food because deliveries are not reaching them, aid agencies said.

Large swaths of the West African country have been sealed off to prevent the spread of Ebola, and within those areas many people have been ordered to stay in their homes.

The government, with help from the UN's World Food Program, is tasked with delivering food and other services to those people. But there are many "nooks and crannies" in the country that are being missed, Jeanne Kamara, Christian Aid's Sierra Leone representative, said Tuesday.

The Ebola outbreak in West Africa has killed nearly 5,000 people, and authorities have gone to extreme lengths to bring it under control, including the quarantines in Sierra Leone.

Some efforts have begun to show progress. The situation in Guinea is improving, as is the quality of care for Ebola patients, thanks to international aid, said Aboubakar Sidiki Diakite, an official with the country's Health Ministry, who was visiting Paris on Tuesday.

THE ASSOCIATED PRESS

Harassment. Ex-Playgirl model alleges company failed to stop torment

A company that helps businesses handle personnel issues denies it forced one if its employees out of his job after it was discovered he had posed nude in Playgirl magazine.

Daniel Sawka filed a federal civil rights lawsuit in May 2013 against Roseland, N.J.-based ADP Inc., alleging sexual harassment. Sawka worked as a regional sales manager for ADP, which offers workforce management services for other businesses.

Sawka alleges he was subjected to constant jokes and ridicule after a woman in his office discovered he posed nude in the early 1990s in a lumberjack-themed spread for Playgirl.

He alleges the company failed to end the ongoing sexual harassment, and he was "constructively discharged" in March 2011.

The company, in its response, denies there was a "pattern and practice" of jokes, sexually charged comments and ridicule. Sawka is seeking damages for lost pay and benefits and emotional distress.

THE ASSOCIATED PRESS

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Would you want cheap child care or tax breaks?

Food Banks Canada.
Group argues affordable, regulated child care would be more helpful to struggling families than tax benefits

Canadian food banks are wading into the hot political debate over how best the federal government can help families with kids: give them tax breaks, as the Conservatives are doing, or invest in regulated child care, as the NDP proposes.

In its annual HungerCount report, Food Banks Canada comes down squarely on the side of the NDP.

It says the use of food banks remains 25 per cent higher than it was before the devastating global recession in 2008.

Among other recommendations, the report says the federal government should replace "the current alphabet soup" of child tax benefits with a new child well-being benefit that targets the most vulnerable families.

And it calls on federal and provincial governments to invest in predictable, stable funding for affordable, regulated child care, enabling parents to enter or remain in the workforce.

The report comes just days after Prime Minister Stephen Harper announced a family tax package, which includes enhanced child tax benefits and income splitting — a measure economists say will benefit primarily wealthy couples with kids.

The Conservatives have said their plan will allow parents to choose what's best for their kids and have disparaged the NDP's proposal to invest $5 billion a year to create one million, $15-per-day child care spaces.

THE CANADIAN PRESS

Food bank users

Households with children are the biggest users of food banks, says the report.

- Almost a quarter of those helped are two-parent families. Children make up 37 per cent of food bank users.

White flag

Visa, MasterCard set to reduce fees for merchants

Visa and MasterCard have agreed to reduce the fees they charge merchants for using credit cards to complete transactions, a move one business group is calling an end to the credit card "arms race."

The voluntary agreements, submitted to the government separately by the two companies, will result in an average effective card "swipe" rate of 1.5 per cent for the next five years, Finance Minister Joe Oliver says. THE CANADIAN PRESS

Market Minute

DOLLAR 87.64¢ (-0.41¢)

TSX 14,390.43 (-147.19)

OIL $77.19 US (-$1.59)

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Natural gas: $4.15 US (+$0.11)
Dow Jones: 17,383.84 (+17.60)

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WHEN SCANDAL HITS: TUNE IN OR OPT OUT?

GUEST COLUMN

Kate Carraway
metronews.ca

Last week was super-productive: On Monday, and Tuesday, and Wednesday, I got more work done than I usually have by Friday.

I was on deadline-lockdown, also known as "desk-jail," which means turning on the Internet-blocking program Freedom for hours at a time to focus more on my own stuff and less on everyone else's Twitter feeds. But last week the Internet was almost totally unavailable for me.

The news cycle was, of course, dominated by Jian Ghomeshi, and many women, and many other people's ideas about Jian Ghomeshi and many women.

Usually, I'd be all over it, reading every article, watching the relevant hashtags build and mutate, and refreshing Twitter as fast as my pro-level Internet-finger can click. Usually, I'd find myself emerging after a scary news cycle and subsequent social-media cloudbursts with a headache and a handful of peanut M&Ms.

Instead, this time, I just ... didn't. I opted out. The circumstances of my work schedule suddenly collided with the fact that, as I get older, I get incrementally smarter about what I need to do (and see and read).

It doesn't mean I didn't have anything to say; on one of the sub-topics of last week's news I had *a lot* to say about the very specific ideas some people seem to have about what women should or usually do after being assaulted — all of it demonstrating a profound misunderstanding and lack of empathy about what other people's experiences might be like — but found myself disinclined to say it.

I didn't tweet about what everyone else was tweeting about, except something to the effect of "not reading the news is great."

While my friends and colleagues got way into the details — look, I was still checking my Twitter "Must Read" list — I instead thought almost exclusively about my own life and work.

I started to think of the disengagement as something else, something active rather than passive — even something radical. I was choosing to *do something else.*

It's not as though reading the news or even staying super-current is any kind of problem itself. The problem, which I discovered when I accidentally solved it (thank you, deadlines), is the common idea of having to consume news at the rate it expands and becomes available. By now, the news "cycle" either doesn't exist or happens every few seconds, and when that news is particularly upsetting or affecting (which varies from person to person) it can't be consumed in the way we've gotten used to, which is to be immersed in everything, always.

It's not that I won't take on anything that involves negative energy — which is fundamental to being alive — but I want and probably need to better manage the volume and veracity of information for information's sake (or gossip's, or random curiousity's).Now, if I'm not being informed or edified, I'm opting out.

Paul Sullivan returns with Just Sayin' next week.

Cloudbusting

A fallstreak hole forms in the sky over Wonthaggi, Australia, Monday. A fallstreak hole is a circular gap that appears in high clouds, when a section of the cloud freezes. The ice crystals are heavy, so they fall out of the cloud, leaving a hole. It is a relatively rare phenomenon. LEESA WILLMOTT/THE ASSOCIATED PRESS

Fallstreak hole stirs the imagination down under

A bizarre cloud over parts of Australia caused a flurry of concern and awe on social media.

The rare cloud, known as a fallstreak hole, appeared over the Wonthaggi, in the Gippsland area of Victoria on Monday, flecked with colour and giving the appearance of a hole in the sky.

Michael Efron from the Bureau of Meteorology's duty forecaster, said that the phenomenon is also known as a punch hole cloud.

"They form when the water temperature in the cloud is below freezing, but the water has not yet frozen due to a lack of ice nucleation particles," Efron told Fairfax Media. DAILYMAIL.CO.UK

Wild theories

In May the same type of cloud formed in Northern California, sparking conspiracy theories.

- "So the @WhiteHouse wants you to believe what happened over the skies of Stockton yesterday was a 'cloud formation' ? GTFOH #iKnowWhatiSaw," tweeted one user.
- Others pointed to government controlled weather manipulation and worm-holes for the cloud's unusual appearance.

MetroTube

Mom knows best

ANDREW FIFIELD
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Are you excited for Christopher Nolan's Interstellar? Because we sure are. And so is a YouTube video editing ace who had his noob mother watch Inception and provide us with her slightly askew version of the plot. Perhaps in deference to the film's content, she also implants ideas of Matt Damon and Jennifer Lawrence as perfect co-stars in our heads. BAHM! (PixelsPerSecond/YouTube)

SCREENGRAB

Twitter

@metropicks asked: CBC wants to know your thoughts on the future of Q. Who do you think should replace Jian Ghomeshi as host? #QTheFuture.

@MyroneDelacruz: Master T or @sookyinlee

@Mausheimer: Hire BILLY BOB!!!!! He's got the gravy! He's smart, brave, multi talented, can write his own essays, and he's a musician!

@ChillBQ : Would be great to see @NirmalaNaidoo get the role.

@stuckinoregon: The shows this week are as powerful as ever & benefit from not being tied 2 the star quality of a particular person #QtheFuture

metro AR

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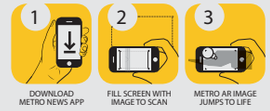

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SCENE 2

On film

Interstellar's reel deal

Today marks a milestone: a film is being released on film. Interstellar hits theatres today — just not even close to all of them. That may seem odd, given that it's one of the most highly anticipated movie events of the year: the latest from brainy blockbuster-maker Christopher Nolan.

Yet the only theatres getting it are the ones that never threw out their film projectors (and who still have the staff who knows how to work these contraptions). Starting today one can see Interstellar in good, old-fashioned, grainy and combustible 35mm as well as super-sized 70mm IMAX. The ones that converted entirely to digital, which is nearly all of them — don't get it till Friday.

This bold move is a strong push-back against the digital wave that has almost entirely consumed modern movie watching. Grand gestures like this Interstellar brouhaha help create film awareness.

Interstellar indeed looks great on 70mm. Its early scenes on Earth — the film, incidentally, is about Matt McConaughey and Anne Hathaway searching through the cosmos for a planet to replace the dying Earth — are sometimes impossibly dark. But once it gets to space you can not only *see* the majesty, but *feel* it. It looks real — it looks like film. MATT PRIGGE/METRO

Caine gets big bang out of Hawking

Movies. Meeting the physicist turns Interstellar star into a giddy fanboy

NED EHRBAR
Metro in Hollywood

Interstellar, one of the most anticipated films this month, stars Michael Caine, Matthew McConaughey and Anne Hathaway. CONTRIBUTED

What does it take for Michael Caine to get star-struck? Meeting Stephen Hawking. And he recently got to do just that. Caine's work in Christopher Nolan's new film, Interstellar, gave him the chance to become friendly with theoretical physicist Kip Thorne, who in turn introduced Caine to Hawking — who himself only had one thing on his mind, as it turned out: Caine's wife.

When Christopher Nolan explained this project to you, how did you wrap your head around it?

Well, I was fascinated by it because I knew Kip Thorne's book about black holes and all that stuff, and then I found out that Kip Thorne was the technical adviser and that I was going to be — really, not playing Kip Thorne the person — but a Kip Thorne character. That's why I grew a beard; I wanted to look like Kip. And then he introduced me to Stephen Hawking, who came and saw the movie! I was so stunned, I nearly burst into tears. I mean, meeting Stephen Hawking, my God. It was incredible.

What was your interaction with him like?

Michael Caine CONTRIBUTED

He can hear every word you say, but he can only reply on the computer with a muscle in his eye. One muscle in the corner of his eye, it's down to that. I met him in the corridor with Kip, and Kip said, "Stephen's got a message for you." I said, "What is it?" He said, "He wants to meet your wife." He loves the ladies. I introduced him to Jessica Chastain, Anne Hathaway, my daughters. Every pretty girl that was around, I introduced him to the lot of them. He had a great time.

Getting to work with Kip had to be an added bonus, as well.

Also it's a mine of information for someone like me. I'm not an expert on astrophysics. I mean, I know quite a lot about it, of course, but I'm not an expert. There were black holes, but then there were wormholes, and I didn't understand that. You realize how dumb you are. I was all right up until the third dimension, then the fourth dimension. And then when we got to the fifth dimension, I got confused. But the people younger than me can understand it, I'm sure.

At what point do you just assume that you're the voice of reason in Christopher Nolan's head?

I seem to be that all time, don't I? I'm always the one who's sort of there representing the people who stayed behind. Like in Batman, I was the realist, saying, "You're going to do what? You're going to put on a suit and go to the top of the building?" I seem to represent the people on Earth who don't go out and actually do the things. But in some cases, as in this picture, I'm the one who thinks it up.

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Even on the road, comedian crams in more creative time

Comedy. Demetri Martin plans to keep filling his notebook with ideas while on Just For Laughs stand-up tour

LUCY HAINES
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On paper, Demetri Martin is an accomplished actor, writer and standup comedian, with stints on The Daily Show with Jon Stewart and Late Night with Conan O'Brien. The guy must have it made, right?

Not necessarily, said Martin as he prepares for a 10-day stand-up tour across Western Canada. "I get impatient — I have many unfinished projects on the go, and I try to chip away at all of them, but I procrastinate. And I like to daydream," said the 41-year-old New York native who now calls California home.

Calling standup a bumpy ride that he does in spurts, Martin said he tries to fit in all his creative endeavours while on the road.

"I read, write, draw and keep a notebook to write short jokes in. It's my personal library of ideas," Martin said. "The travel — hotels, airport security — is the hard part, but on stage, I get energy from good audiences. And Canadians are warm, welcoming and open to improvising."

Martin said despite the glamorous-seeming work he does, his life looks much like anyone else's.

"I used to walk much more in New York, so in California I work at a treadmill desk when I first get up in the morning — I walk briskly to help my brain and keep the creative energy going. The rest of the day, I wish I was working out or meditating," he said.

In truth, Martin is hugely productive — he published a book of drawings last year, and is working on a book of short fiction for the spring. When time allows, he squeezes in guest work on the Showtime series House of Lies. And, he's now editing an indie feature film that he wrote and directed, tentatively titled Dean.

"In my 20s, I was unhappy in law school, so I dropped out to give standup a try. Sometimes, I have to remind myself that I've been able to make a living at being creative for over 15 years," Martin said. "I want to work as long as I can — standup, film, drawings — so I take that creativity in many directions."

Just For Laughs dates

Just for Laughs stops in the following cities and features Demetri Martin, Levi MacDougall, Todd Glass and Special guest Jon Dore. Visit comedytour.hahaha.com for details.

- **Nov. 5.** Winnipeg at Centennial Concert Hall.
- **Nov. 8.** Calgary at EPCOR CENTRE's Jack Singer Concert Hall.
- **Nov. 9.** Edmonton at Northern Alberta Jubilee Auditorium.
- **Nov. 14.** Vancouver at Orpheum.

Quoted

"I want to work as long as I can — stand up, film, drawings — so I take that creativity in many directions."
Demetri Martin

Demetri Martin GETTY IMAGES

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rihanna not too shy to reveal her inner geek

NED EHRBAR
Metro in Hollywood

Rihanna graces the cover of Elle magazine for the fourth time for its December issue, and in honour of that, she sat down for a Q&A session. The resulting piece is full of evidence that Rihanna truly is the Ernest Hemingway of pop stars, using two words where someone like Miley Cyrus would probably use 12. But even with such brevity, her answers are illuminating — terrified of childbirth, loves Michael Bolton's Greatest Hits. Who knew?

Here are some of her more memorable sound bites.

- The answer we don't really believe:
  Elle: What do people misunderstand about you?
  Rihanna: I'm shy.
- The answer that's not such a huge surprise:
  Elle: What's your mantra?
  Rihanna: "F— bitches, get money!"
- The answer that solidifies her geek cred:
  Elle: The last time you were starstruck?
  Rihanna: When I met Aaron Paul at the Spike awards.
- Most unintentionally cringe-inducing answer:
  Elle: If you were a piece of jewelry, what would it be?
  Rihanna: I'd be a choker!

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Ariana Grande GETTY IMAGES

Sending a great pumpkin is not the way to win Ariana's heart

Sometimes a fan loves Ariana Grande so much that the young singer has no choice but to call the cops on him. At least that was what happened when Tim Normandin, a 29-year-old man from Lowell, Mass., didn't heed her record company's request that he stop sending Grande outlandish and odd gifts, according to TMZ. Among the tokens of his affections? Eight Yankee Candle Company candles, calendars featuring puppies and kittens, a three-piece mirror set from Kmart, a $200 anklet from Kay Jewelers, a rock he picked up in New Hampshire's White Mountains and, best of all, a 42-and-a-half-pound pumpkin, which is apparently not the way to a pop star's heart after all. Huh.

Movie make-under takes the Cake for Aniston

In her new indie film, Cake, Jennifer Aniston got something of a make-under, dressing down with no makeup and a drab haircut to play a car-crash survivor. And you know what? She loved it. Aniston found taking on the look "so fabulous — so dreamy and empowering and liberating," she said during a recent Deadline panel. "The only time I had to sit in the makeup chair was just for the scars." Oddly, there haven't been a bunch of "get her look!" posts connected to this one.

How-to

Get your snowbird ducks in a row

Insurance expert Erin Finn from RSA Canada has some tips for those of you flying south.
1. Make sure the insurance company knows you'll be away for an extended period of time.
2. Have a friend or neighbour keep an eye on your house. In the event of a power outage, frozen pipes can spell disaster.
3. Make sure your travel insurance is up to date. Don't assume credit card travel insurance provides full coverage. Read the fine print.
4. Confirm that your driver's licences, passports and vehicle registration are valid for the entire trip.
5. Carry a list of all medical prescriptions with you, as well as your medical history.

DOUG WALLACE/METRO

Trend

Child-free sun destinations

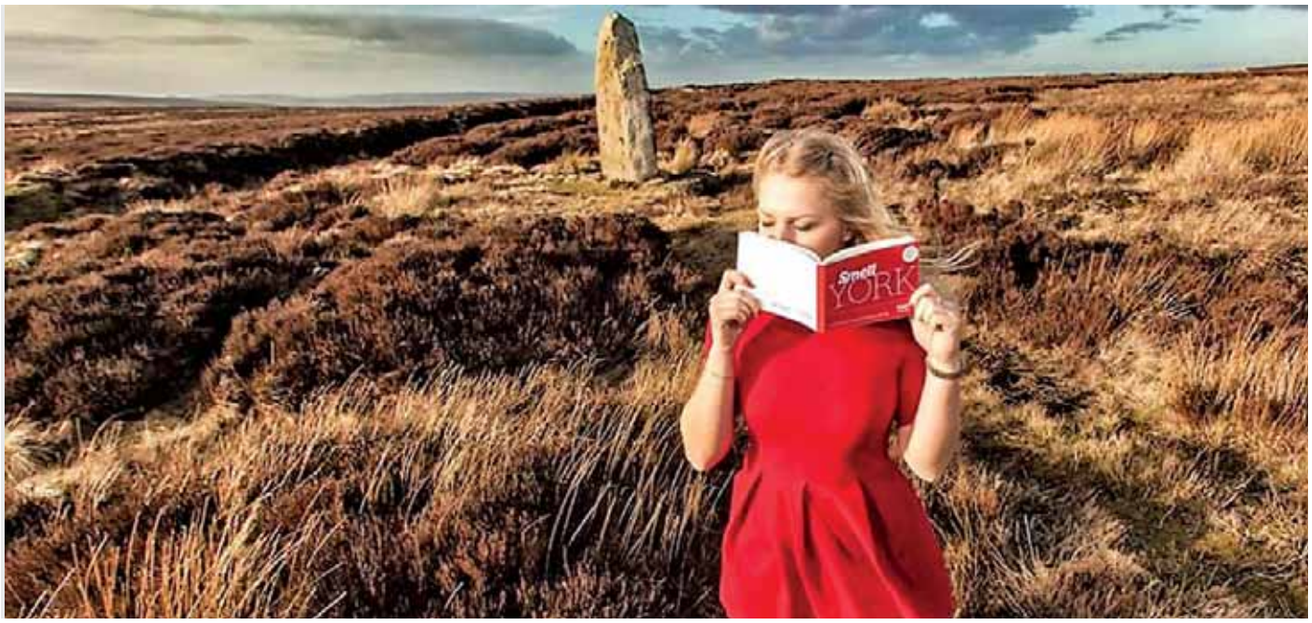
Leaving the kids with Auntie this season while you jet south? You're not alone. Adults-only vacation spots are on the rise, with everyone from young couples to retirees getting in on the peace and quiet — parents included. At places like the Dominican Republic's adults-only The Level at the Mèlia Caribe (pictured), you get not just grown-up dining and pools, but a giant swath of beach as well. Not a pail or shovel in sight.

DOUG WALLACE

New

Gansevoort arrives in the D.R.

Gansevoort Hotel Group, of New York's Meatpacking District fame, opens oceanfront resort Gansevoort Playa Imbert in the Dominican Republic next month. Situated on the country's north coast, the new hotel is a step up from the regular resorts in the area, with 48 one- and two-bedroom lofts, plus several multiple-bedroom apartments. Private rooftops, plunge pools, gourmet food and a yoga garden are just a few of the luxe features on tap. Visit gansevoorthotelgroup.com. DOUG WALLACE



Let your nose be your guide through York

Travel is all about experiencing new sensations, including different smells: the fresh fragrance of a grassy meadow, the perfumes wafting from stores and the scent of candles in centuries-old cathedrals. That's why the tourist office in York, England, created the world's first scented visitor's guide. Titled Smell York, the city guide catalogues some of the English city's most distinctive aromas and corresponding tourist attractions. A total of 12 attractions are pictured in the booklet (one for each month), and each image is infused with an associated smell. Tourists simply scratch and sniff to experience the fragrances, which range from rather classic notes such as tea, chocolate and wild fern to a few more unusual odours. In a nod to the legend that York is one of the U.K.'s most haunted cities, the tourist office included a page with "the haunting aromas of ghosts," characterized by rose and sulphur notes. Tourists can also experience the smells of the horse track or the railroad. The Smell York guide is available online for £5 (around $8) at visityork.org/first-smellyork.aspx. AFP

Five free things to do when you're in Sicily

Sicily is the Mediterranean's largest island and a trip around this triangular-shaped ancient land can be particularly rewarding for those in search of free things to do. Besides Sicily's sights, smells and sounds — the feast of wildflowers in rainy months, colourful street markets, picturesque faces and places around every corner — many of the island's greatest gifts are free.

STORY AND PHOTOS: THE ASSOCIATED PRESS

Mountains

There are three extensive regional parks to explore — those of Mount Etna, and the Nebrodi and Madonie mountains. In each of these reserves there are a wealth of hiking trails, rivers and spectacular gorges to navigate. Many paths skirt the smouldering volcano of Etna, which offers one of the most spectacular free shows on Earth during its frequent eruptions.

The sea

When you think of Sicily, you can't help but imagine the sea. Sicily's coasts are dotted by public beaches and gorgeous quiet spots. Besides the beaches of the main island, Sicily's satellite islands — the Aeolian and Egadi are the easiest to reach — offer stunning oases. To enjoy the sea at its best, go to the protected marine area of the Egadi islands where sea life flourishes.

The Norman Cathedrals

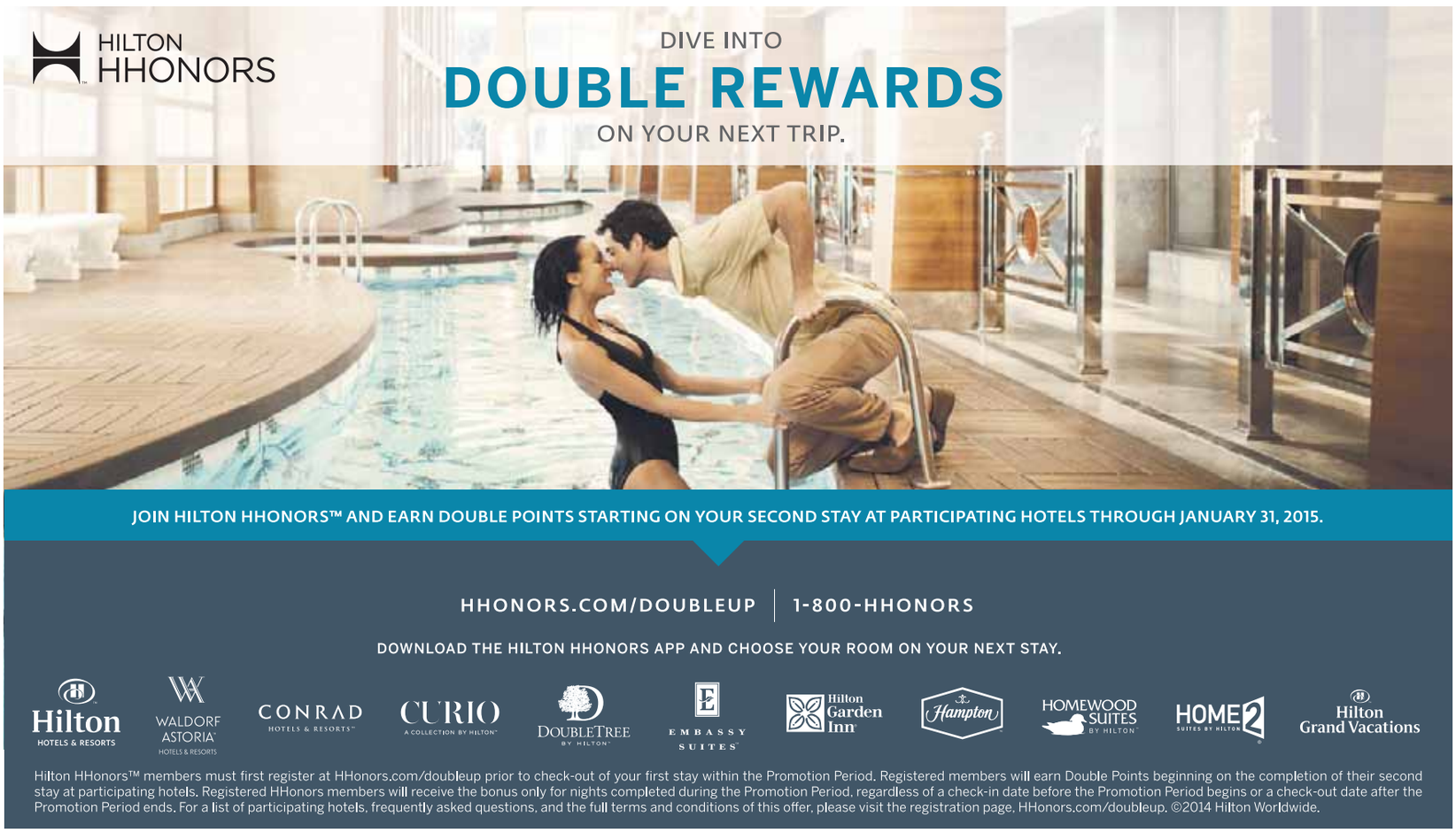
In the Middle Ages, Sicily was conquered by the Normans, bands of northern knights who were leading the Crusades at the time. In Sicily, the Norman kingdom merged northern and Muslim esthetics to create one of Europe's most fascinating architectural styles. Awe-inspiring vaulted ceilings, glass mosaics with rich golden backgrounds transfix visitors. The cathedrals at Monreale and Cefalu are free.

Targa Florio

Sicily remains a great destination to watch open road racing. The biggest of these events is connected to the historic Targa Florio, an open road race begun in 1906 that took racers onto the hair-raising mountain roads near Palermo. The Targa Florio became a celebrated event of daring, but eventually became too dangerous. The event continues as a rally in May where classic and modern cars roar through the narrow mountain switchbacks.

The festivals

Among the biggest and most celebrated festivals in Sicily are those connected to Easter. Trapani's daylong Easter procession — the Misteri di Trapani — is best known for its masses of people, its ornate wooden statues, music and the range of emotions displayed by participants and viewers alike. The hours-long procession evokes everything from frenzy to sorrow to joy as bearers bolster the statues through crowded streets.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Culture and cuisine await in the Sweet Home state's port city

Mobile. Take in the southern style of this Alabama city — one that's obsessed with Mardi Gras, oysters and azaleas

MIKE DOJC
life@metronews.ca

Alabama's port city has plenty to offer. MIKE DOJC/METRO

Two hours east of the non-stop party that is N'awlins (New Orleans) and an hour northwest of the Florida Panhandle's seductive sands, Mobile, Ala., provides the best of both worlds — a blossoming cultural core surrounded by the pleasures of the salt life.

Mobile (pronounced Mohbeel) is bona fide Southern, the historic downtown corridors adorned with a canopy of live oaks festooned with Spanish moss and Mardi Gras bead tendrils that hang in the sky year round. Architecturally, the city glistens with Greek Revival buildings, antebellum manses, gothic churches, and ornate balconies of lacey wrought iron.

While not as synonymous with Mardi Gras outside of the region as the Big Easy, Mobile was the first American city to laissez les bons temps rouler with Fat Tuesday celebrations dating back to 1703. Their annual two-and-a-half week-long bash is absolutely epic.

What to see

Gain a full appreciation for Mobilians' Mardi Gras obsession at the Carnival Museum. Scope out the many displays of intricate and sumptuous gowns and coronation robes and be sure to climb atop a parade float and hurl a moon pie, Mobile's go-to throw. Football fanatics should keep an eye out for JaMarcus Russell's crown from when he was King of Mardi Gras in 2010.

Then climb your way through the 12 decks of the feature attraction at the USS Alabama Battleship Memorial Park. The vessel earned the nickname "The Lucky A" during the Second World War as no seamen were lost by enemy fire. Cleveland Indians Great Bob Feller joined the Navy right after Pearl Harbor and served 34 months aboard the USS Alabama as a gunnery captain. You'll spy a trove of the HOF pitcher's memorabilia aboard.

What to do

When in Azalea city, you need to drink in a sea of hot pink and purple hues at Bellingrath Gardens and Home in the Mobile suburb of Theodore. While azalea season is in the spring, they've got roses blooming in the summer, chrysanthemums in the fall and poinsettias perking up over the winter, so there's no off season at this 65-acre floral fantasy land.

Where to eat

Wintzell's Oyster House, now a sprouting regional chain, is a Mobile mainstay with the original location on Dauphin Street shucking bivalves since 1938. They're known for serving them "fried, stewed, or nude." Try a dozen char-grilled, or at least sidle up to the bar to witness the open-flame preparation in action.

Cap off your Mobile culinary crawl with the progressive Southern cuisine of True Midtown Kitchen. Manager Richard True and chef Jonathan Stern collaborate on edgier takes on familiar dishes. Order the lamb meat loaf garnished with a mint ketchup and served with garam masala potatoes and Waldorf salad.

"We like to find the root of one thing and do it a little different ... say with eastern spices like in the meatloaf, that's the goal," says True.

Where to stay

The landmark site of The Battle House Renaissance Mobile Hotel & Spa has burned down a few times in the past 200 years, but the current AAA four-diamond building is still plenty old, dating back to 1908. On the second floor have a friend stand facing one of the four arches. Go to the other 50 feet away and say, "What's up, doc?" They'll hear you loud and clear. Of course, these arch-whispering acoustics mean you may want to steer away from "private" conversations in the vicinity.

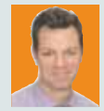
If you go...

- **Carnival Museum.** mobile-carnivalmuseum.com
- **USS Alabama Battleship Memorial Park.** ussalabama.com
- **Bellingrath Gardens and Home.** bellingrath.org
- **Wintzell's Oyster House.** wintzellsoysterhouse.com
- **True Midtown Kitchen.** kitchen.truedine.com
- **The Battle House Renaissance Mobile Hotel & Spa.** marriott.com

Dream trip

Anguilla is a magnet for celebrities. PETER REMUS

Add these spots to your bucket list!



ON THE MOVE
Loren Christie
life@metronews.ca

If money was no object, where would you go, where would you stay, and how would you travel? I have had the good fortune to experience some first-class holidays over the years. Here are a few of my favourites.

Sun

The Caribbean island of Anguilla is a magnet for celebrities who want to vacation discreetly. Five-star hotels and $40,000 a week private villas have catered to the likes of Princess Diana and Ellen DeGeneres for the last 30 years. The high-end accommodations blend in subtly with the island's 33 beautiful white sand beaches, local beach bars, and restaurants helmed by creative chefs.

Airline

If you are headed to Europe and want to splash out, book business class on KLM. The lay-down beds are a fairly common perk, but the service and food provided by Holland's Royal Dutch Airlines is just that extra bit special. Given as a parting gift, the Delft Blue pottery house filled with Dutch gin makes a great souvenir.

Ski

The team at Island Lake Lodge in Fernie, B.C., offers an unparalleled powder skiing adventure to anyone willing to give it a try. Travelling by Sno-Cat, skiers are treated to a mix of bowl and glade skiing. Although the untamed nature of the slopes can be intimidating, the stunning scenery makes the experience magical.

Hotel

Ol Donyo Lodge nestled below Kenya's Chyulu Hills has set a bar so high I can't imagine it ever being beat. Guests stay in beautifully decorated individual lodges where they can comfortably spy on animals drinking from the property's watering hole. Each lodge offers every possible amenity, including an additional bed on the roof for those inclined to fall asleep under the twinkling African sky.

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The symbiosis of sales and marketing

Career. When it comes to representing a particular product or service, two teams work together for the win

RIANA TOPAN
TalentEgg.ca

Beyond the handshakes and polite smiles, a successful career in sales and marketing takes passion for the product and a knowledge of the consumer's needs. ISTOCK

Brand manager

As a brand manager, you're responsible for building your company's brand.

- Often, you'll work with the market research specialists, analyzing data to develop a marketing strategy. You'll help brainstorm new products or product improvements and identify new market opportunities.
- Your eye is always on the big picture, ensuring that all the various team members, from promotions to sales, are in sync with the brand vision.

We often hear marketing and sales lumped together into a single area of expertise.

This practice occurs not only because organizations often consolidate departments in this way — it's also a reflection of the frequent overlap between these roles.

Marketing refers to the planning and implementation of various business activities designed to generate interest in a product or service, from advertising campaigns to brand management to social media.

Sales refers primarily to the many interpersonal exchanges that lead to actually selling the product, including one-on-one meetings, cold calls, networking, and more.

How are they connected?

Think of it like this: The marketing department lays the groundwork that the sales representatives then build on to close sales.

Sales and marketing roles are the direct link between a company's product of service and its target market: As a sales or marketing professional, you are responsible for taking that product and bringing it to life, creating, managing and delivering the company's brand into the lives of consumers.

You are responsible not only for understanding a particular product's value and function, but also the customer's needs and preferences. You are both behind the scenes and on the front lines, as the representative of a company's character, and the developer of that character.

A well-rounded sales and marketing team has room for a number of different roles. Check out the list below for a brief profile of typical department positions.

Sales representative

As a sales representative, your role is to present your company's products or services to a potential client and help them see how it offers them an advantage — in other words, to make sales. This is still a broad term.

Within this category are both manufacturer's representatives, who often work by commission and must have an in-depth knowledge of their product and target market, and telemarketers, whose primary role in calling potential customers is to generate qualified leads.

Most entry-level sales jobs are for what's known as inside sales, where a representative sells products or services online or over the phone (i.e. cold calls). Outside sales, or field sales, employ your interpersonal skills, often requiring a fair bit of travel as you make your pitch in-person.

Social media/SEO specialist

As businesses increasingly draw on online platforms as a sales and marketing tool, new digitally driven roles are springing up in sales and marketing.

Companies are expected to maintain an online presence via social media. As a social media manager, your job is to maintain that presence through frequent and engaging online content.

Your job might also involve creating and maintaining an online community for your brand.

SEO, or search engine optimization, involves understanding the way the web works in order to best expose your product to the people most likely to buy it. Both roles require analyzing online trends, knowledge of web design, and a good deal of creativity.

Marketing co-ordinator

This is more of a behind-the-scenes type role, designing and implementing projects to promote your company's product.

You're the brains behind creating brand awareness, developing marketing campaigns, promoting your brand through special events and other media, and more. There's a lot of room for variety here, and a good opportunity to employ a wide range of marketing methods and techniques.

You'll need to understand both the product and the target market in order to present your company's best face forward. The ability to manage multiple projects, support other staff, and liaison with other departments and even outside vendors are all important skills.

Marketing assistant

Don't be deterred by the word assistant: You have a vital role to play.

Your duties include arranging interviews, writing press releases and other media content, and keeping track of what the media is saying about your company or product.

A marketing assistant can also assist the marketing manager or co-ordinator in developing campaigns. You might be assigned to writing original copy, creating or sourcing content for brochures, magazines, websites, or newsletters, and completing various other administrative duties as needed.

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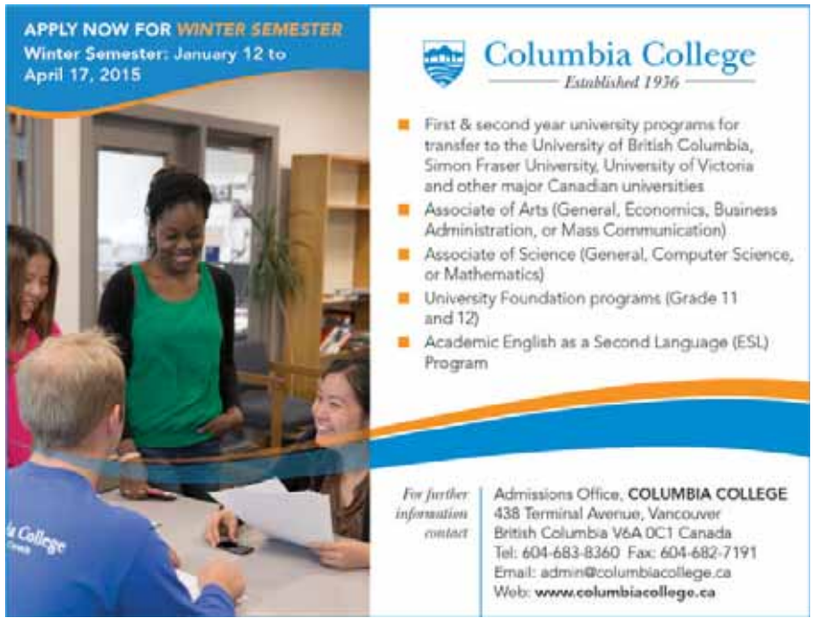
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Size matters when managing success

Career. Whether petite or gargantuan, the size of the company you work for makes a professional difference

RIANA TOPAN
TalentEgg.ca

When it comes to an ideal company size, there is no right answer. It's important to take time to reflect on your personal and professional priorities to decide what kind of environment might be better for you. ISTOCK

Have you ever wondered if the size of the organization you work for can affect your career? The answer is that yes, it can.

There are benefits to working at both small companies (generally considered to be businesses with fewer than 100 employees) and large companies (those with more than 500 employees). Mid-sized organizations fall between the two.

Unless you have a concrete reason for preferring one over the other, it's best to apply to companies of all sizes when looking for a job.

Over the course of your career, you'll hopefully get to experience what it's like to work at both large and small establishments. Here are some of the major differences you'll notice:

Levels of responsibility

Those who work at a smaller company may have more individual responsibility than their counterparts at large organizations.

A small staff means that there are fewer individuals responsible for the company's operations, so the share of responsibility is greater.

However, managers at large companies may be responsible for operations at a higher level — with higher risks and higher potential gains or losses, for example.

In general, a company's size determines how much of a role an ordinary employee has in both the organization's successes and failures. At smaller companies, there's potential for more recognition when things go well — and more accountability when they don't.

Job descriptions

Along with a greater portion of responsibility, employees of small companies also have more varied workloads. One person might be responsible for managing several portfolios or platforms, while someone with a similar background at a larger organization may only be responsible for one or two projects, working as part of a larger team.

There are pros and cons to both. At a large company, you'll likely find a more established internal structure with clear delegation of responsibility and the opportunity to focus intensely on a small number of tasks.

Get to work in a smaller organization, and you'll be responsible for a more diverse and fluid role. This can be great for gaining new experience and growing professionally.

Mobility and stability

Companies with more employees typically have more opportunities for advancement within the organization. These opportunities can be both vertical (moving upwards in the company's management structure) or horizontal (moving into a different department or area at a similar level).

In comparison, staff at smaller companies can be more stable — it's less likely that employees will change positions internally so unless they decide to leave the organization, the company's internal structure is not going to change as often.

Employee benefits

Large companies can sometimes offer their employees more comprehensive benefits and higher salaries because they generally have the resources to do so.

However, working in a smaller office can come with other perks. Organizations with fewer employees might have more personal staff outings and get-togethers or celebrate birthdays or holidays, for example, which can strengthen team dynamics and create an environment where employees genuinely enjoy working together. It's also much more common for employees of small (or new) companies to own equity in the company, which means their hard work is directly tied to an increase in value.

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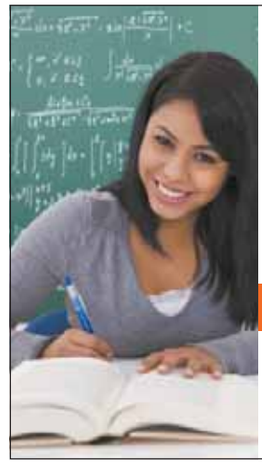
Staff dynamic

- Employees at a small company will usually get to know each other better and may develop an organization-wide sense of community and teamwork. They may also find it easier to develop relationships with most or all of the people at their office, which can be great for fostering a positive work environment.
- At large firms, staff are more likely to work on teams within departments or even different offices. They often build strong relationships with the people they work most closely with and become acquainted with other staff members (which can be very helpful for networking).

Take the good with the bad

At smaller companies, there's potential for more recognition when things go well — and more accountability when they don't.



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Big deals, big business, big smiles: Happiness is finding joy in your job

Career. Believe it or not, it is possible to find delight at your desk

LAKSHMI GANDHI
Metro in New York City

If you're like most Canadians, you spend most of your waking hours at your workplace — which means that you should try your hardest to make those hours happy ones.

Gretchen Rubin became a best-selling author five years ago with her book, The Happiness Project, in which she experimented with different tactics to create a happy life.

"A lot of times with happiness there is a lot of attention paid to big, transformative events like, 'I'm going to climb Kilimanjaro,'" says Rubin. "But it's important to look at ordinary life, the little things you can work in that don't take a lot of time or money."

A positive support system is key to keeping your spirits high during a nine-to-five. ISTOCK

We recently sat down with Rubin to get her thoughts on simple things workers can do to make their days a little brighter.

Have a work buddy

"When researchers talk to people who are happy at work, one of the most common things is that they have a friend at work," Rubin notes. It's always nice to have someone to bounce ideas off of and to take coffee breaks with.

Try to find a supportive boss

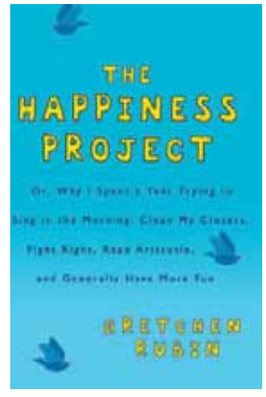
"Choose your boss carefully, if you can," advises Rubin. "Because having a boss you feel cares about your success is very important to happiness."

Make sure you're comfortable

Literally. "Is your desk the right size?" she asks. "Are you hunching your shoulders so that you are getting a backache every night?" Making little adjustments to your posture and finding a comfortable office chair can make a big difference. "Make sure you are comfortable in your body, because if you are uncomfortable it wears you out," Rubin adds.

Take your lunch break

• Getting some space is important. "When you walk outside and you have some distance, you're reminded that it's not the biggest deal in the world if this guy handed in his report a day late," Rubin points out.



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Ham it up: Pork and veg enhance humble warmth of potato gnocchi

Creamy Pork Strips and Gnocchi Bowl.
Chewy potato dumplings get served up with tender pieces of meat in a broth

DINNER EXPRESS
Emily Richards
food@metronews.ca

November is the unofficial start of comfort food season.

With days getting shorter and colder, you need to be warm — and so does your belly.

This Creamy Pork Strips and Gnocchi Bowl dish is light and brothy with the creamy gnocchi as its star.

You will find freshly packed gnocchi in any grocery store or Italian deli. Spelt gnocchi is now available to those missing out who need an alternative.

You can always keep gnocchi on hand to enjoy as a side dish, as part of a dish like this one or in your hearty stews instead of potatoes.

It's an Italian favourite and perfect for a quick fall meal.

1. On a cutting board, trim fat off the pork chops and cut them crosswise into thin strips. Place the pork in bowl and add thyme, oregano, pepper. Toss to coat evenly.

2. In large, deep non-stick skillet heat the vegetable oil over medium high heat and brown pork in batches if necessary on all sides, about 5 minutes. Crowding the pan will not allow the pork to brown properly. Remove to plate.

3. Add the quartered mushrooms, finely chopped onion and minced garlic to the skillet and cook stirring over medium heat for about 5 minutes or until browned. Pour in the broth and bring it to a boil over medium high heat.

4. Return the pork strips to the skillet and cook them over medium low heat for about 3 minutes or until pork has a hint of pink inside.

5. Meanwhile, in large pot of boiling water, cook the gnocchi for about 5 minutes or until they float to the top and are tender. Using a slotted spoon, scoop out gnocchi and let drain well and add to sauce in skillet. Repeat with all the gnocchi. Add red pepper and parsley and toss to coat.

FLASH FOOD
From your fridge to your table in about 30 minutes or less

Ingredients

- 1 1/2 lbs (750 g) boneless pork loin chops or boneless skinless chicken breasts
- 1 tsp (5 ml) dried thyme
- 1/2 tsp (2 ml) dried oregano
- 1/4 tsp (1 ml) freshly ground pepper
- 2 tsp (10 ml) vegetable oil
- 1 pkg (8 oz/227 g) mushrooms, quartered
- 1 onion, finely chopped
- 2 clove garlic, minced
- 1 1/4 cups (300 ml) sodium reduced chicken or vegetable broth
- 1 pkg (500 g) fresh potato gnocchi
- Half red pepper, diced
- 2 tbsp (30 ml) chopped fresh Italian parsley

This recipe makes six servings. EMILY RICHARDS

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SPORTS 4

Canucks flood Avs in wild third period

NHL. Vancouver tallies four goals in final frame for comeback victory

Nick Bonino scored two goals, Ryan Miller made 20 saves and the Vancouver Canucks overcame an early deficit to beat the Colorado Avalanche 5-2 on Tuesday night.

Henrik Sedin, Derek Dorsett and Shawn Matthias also scored for the Canucks. Chris Higgins had two assists for Vancouver.

The Canucks tied it early in the third when Dorsett deflected Dan Hamhuis' shot over the shoulder of Semyon Varlamov at 2:27. Bonino gave Vancouver the lead when he corralled a loose puck in the crease and put it in the open net at 4:47.

Bonino got his second nearly five minutes later when he beat Varlamov on the short side to make it 4-2. Matthias iced it with his first goal at 13:10.

Varlamov had 32 saves and John Mitchell and Jamie McGinn had goals for the Avalanche, which has lost three straight. Colorado, which started last season 12-1, is 3-6-5.

Vancouver controlled the play in the second period but had a hard time getting one past Varlamov. It took until the final seconds when Henrik Sedin, stationed in front of the net, picked up Daniel Sedin's rebound and beat Varlamov with four seconds left in the period.

The Avalanche went ahead 1-0 on Mitchell's goal 1:15 into the game. He got a drop pass from Alex Tanguay and beat Miller with Colorado's first shot of the game.

McGinn made it 2-0 late in the first when Jarome Iginla fed him with a pass from behind the net and McGinn put the puck in the top right corner at 16:33.

The Avalanche killed off all four of their penalties and increased their streak to 29 straight penalty kills.

THE ASSOCIATED PRESS

The Canucks' Henrik Sedin tries to bang in a puck past Avalanche goalie Semyon Varlamov in Denver on Tuesday night. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

He's 1-0

Horvat makes NHL debut

Bo Horvat, taken with the ninth overall pick in the 2013 NHL Draft, made his Canucks debut on Tuesday.

He logged nearly nine minutes of ice time.

Horvat didn't record a point in his debut, but he helped get the Canucks into a tie game early in the third period. He entered the Colorado zone with the puck, then went right to the net, providing traffic in front of goalie Semyon Varlamov on Derek Dorsett's deflection for a goal.

CAM TUCKER/METRO

CFL

Logan looks to provide spark for sputtering Lions

The B.C. Lions could use a spark. They need it. Something. Anything.

Perhaps that comes with a Stefan Logan return to the offence, which appears very likely at this point in the week, as the Lions prepare to host the Calgary Stampeders in the regular-season finale at BC Place Stadium on Friday.

Logan hasn't played since Sept. 27 due to a thigh contusion.

Logan, a speedy and shifty running back when healthy, took part in first-team reps on Tuesday. He admitted after practice he still isn't 100 per cent healthy but said he'd be ready for Friday.

Now, will the Lions feel the same following an embarrassing loss in Edmonton over the weekend?

They get one more tune-up game to get something going on the offensive side of the ball — the defence has, for the most part, been stellar — before the playoffs begin and one loss could end it all for the year.

Logan, who quickly injected life into an underachieving run game when he joined the Leos in the middle of last October, made an interesting observation about one of the numerous ailments in the B.C. offence.

"We got a lot of guys that can bring a spark. I think we just get a little lack of focus as far as trying to wait on the next man to make a play," said Logan.

"Last week was just a mental letdown. We can always bounce back and take it all the way."

CAM TUCKER/METRO

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LeBron held to 11

Lillard leads Trail Blazers over Cavs

Damian Lillard snapped out of a shooting slump with 27 points and the Portland Trail Blazers held LeBron James to just 11 in a 101-82 victory over the Cleveland Cavaliers on Tuesday night.

Lillard was nursing an abdominal strain but had 15 points by half-time after averaging just 13.7 points on 11-for-41 shooting in the first three games.

Wesley Matthews hit a three-pointer that gave Portland a 92-74 lead with just over four minutes left. Matthews finished with 21 points and the Blazers (2-2) snapped a two-game losing streak.

THE ASSOCIATED PRESS

Child abuse case

Peterson dodges prison with deal

Minnesota Vikings star Adrian Peterson avoided prison time on Tuesday in a plea agreement reached with prosecutors to resolve his child abuse case.

Peterson pleaded no contest to a misdemeanour charge of reckless assault under the deal that Montgomery County state District Judge Kelly Case approved during a court hearing.

A no-contest plea isn't an admission of guilt but is treated as such for sentencing.

The All-Pro running back was indicted in September for using a wooden switch to discipline his four-year-old son earlier this year in suburban Houston.

THE ASSOCIATED PRESS

Flames spoil Ovie's night

NHL. Sniper becomes Capitals' all-time leading scorer, but Monahan tallies in OT

Alex Ovechkin became the leading scorer in Capitals history, raising his career point total to 827 with a pair of assists in Washington's 4-3 overtime loss to the Calgary Flames on Tuesday night.

Sean Monahan scored the winning goal for Calgary at 4:17 of the extra period after the Flames tied it late in regulation.

Washington has lost five straight since winning at Calgary on Oct. 25.

Ovechkin moved atop the scoring list when his shot from the left point was deflected by Nicklas Backstrom through the legs of goalie Jonas Hiller at 10:18 of the first period.

That broke a tie with Peter Bondra, who stood and cheered from the owner's box as Ovechkin raised his arms in triumph.

Bondra needed 961 games to reach 825 points; Ovechkin was playing in his 691st game.

"I am happy for Alex. It is well-deserved," Bondra said after the second period. "It was a matter of time, actually."

Moments after Ovechkin reached the milestone, the scoreboard showed a montage of his memorable moments in a Capitals uniform. As the sellout crowd chanted "Ovie! Ovie!" he waved to acknowledge the ovation.

The 29-year-old Ovechkin, a native of Moscow, has 428 goals and 399 assists.

His second assist came at 14:23 of the second period, when Joel Ward scored during a two-man advantage to make it 3-2.

Calgary forced overtime with a goal at 14:50 of the third period when a clearing attempt on a shot by Markus Granlund went off the skate of Washington's Troy Brouwer and into the net. THE ASSOCIATED PRESS

Curtis Glencross of the Flames roughs up the Capitals' Alex Ovechkin on Tuesday night in Washington. ROB CARR/GETTY IMAGES

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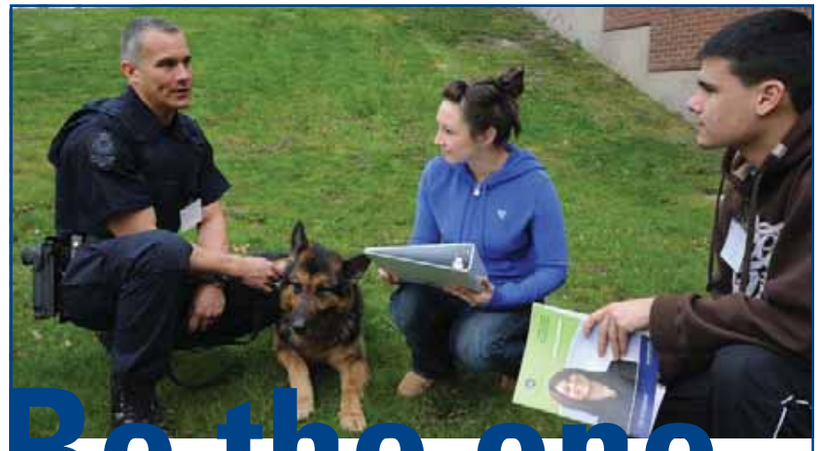

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Offer includes delivery, destination, fees and a $1,500 loan rebate[7]. Offer based on 2015 Rio LX MT (RO541F) with a selling price of **$15,602**.

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Forte SX shown[5] – hwy / city 100km[6]: 5.3L/8.0L

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Optima SX Turbo AT shown[5] – hwy / city 100km[6]: 5.7L/8.9L

2015 OPTIMA LX AT

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2014 Ford Transit Connect

- **Type.** Three- or four-door, compact cargo van
- **Engines.** 2.5-litre 4-cylinder (169 hp), turbocharged 1.6-litre 4-cylinder (178)
- **Transmissions.** Six-speed automatic
- **Price.** $28,699 base, $30,899 as tested

Market position

The first-generation Transit Connect essentially started the small, purpose-built work van segment in Canada. This new generation now faces competition, including some with lower starting prices, which will give buyers even more choices.

Points

- The Transit Connect can carry up to 780 kilograms (1,720 lb.) and, when properly equipped, tow up to 907 kilograms (2,000 lb.).
- The front passenger seat folds flat, to accommodate cargo up to 2,969 mm long.
- Ford works with suppliers who can outfit the van with shelves, partitions, refrigeration units, bins and other specialized systems.

The dash and centre stack are similar to Ford's passenger cars.

Interesting features

Rear doors open up to 180 degrees; capless fuel filler; overhead storage shelf; available electric windshield defroster; auto-dimming mirror; backup camera; remote starter.

Smaller is often better

Review. Transit Connect is ideal for companies or families that don't need a full-sized van

JIL MCINTOSH
drive@metronews.ca

PHOTOS: JIL MCINTOSH

You've probably heard that you should always use the right tool for the job. For work trucks, that often means a smaller van for smaller jobs.

But Canadian companies had few options until 2010, when Ford introduced its European-based Transit Connect.

That model is completely updated for 2014. It now looks and drives better, and comes with more features. There's also a passenger version that Ford intends as an alternative to the minivan.

The base engine is a 2.5-litre four-cylinder, starting at $28,699 in XL cargo van trim. My top-line XLT tester, which starts at $30,099, was further optioned with a turbocharged 1.6-litre EcoBoost four-cylinder, which adds another $800.

The idea behind EcoBoost is you get smaller-engine fuel efficiency under light load, but when needed, the turbo kicks in to provide bigger-engine power.

It runs on regular-grade fuel and I averaged 9.9 L/100 km in it.

As you might expect from a vehicle that's also intended for personal use, the Transit Connect handles well and doesn't feel tippy, despite its height. It can be ordered with one or two sliding side doors, and with twin rear doors or a liftgate. Standard features on the cargo van include air conditioning, keyless entry, and a tilt-and-telescopic wheel.

The dash and centre stack bear some resemblance to Ford's passenger cars, and mine came with such amenities as a navigation system, satellite radio, and backup camera. It looks good, but it could use more small-item storage space, since there aren't many places to stash all the loose stuff that's needed for a typical workday.

Ford also offers a full-size van, the new Transit, which replaces the outgoing E-Series (Econoline) van. But many businesses don't need something that big.

For businesses such as caterers, florists and light-duty deliveries, the Transit Connect is the right size, as well as being far more manoeuvrable in tight city spaces.

It took a long time for these European-style vans to get here, but we've now learned that small can be beautiful.

Compare

1 Nissan NV200
Base price: $23,448
Available as a passenger vehicle, this van is the official taxi of New York City.

2 Chevrolet City Express
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A shared version of the Nissan NV200, the City Express features specific trim and interior features.

3 Ram ProMaster City
Base price: TBA
This upcoming van is based on the Fiat Doblo and has a nine-speed transmission.

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Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Chrysler will launch a plug-in hybrid minivan next year

Chrysler says it will bring to market late next year a plug-in hybrid version of its next Town & Country minivan. That's a year earlier than the company had indicated in its latest five-year plan. No automaker has offered a hybrid minivan, with or without a plug. Fiat Chrysler CEO Sergio Marchionne told Automotive News that the cost of electrification remains "a fundamental obstacle" for his company. He has been quoted as saying Chrysler loses $10,000 on every plug-in electric Fiat 500 it sells.

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Chrysler will bring a plug-in hybrid minivan to market in late 2015.

Honda sorry for multiple recalls, executives pay the price with pay cuts

Honda has announced its president and 12 other executives would take quality-related pay cuts in the wake of the automaker's fifth recall in the first year of its new Fit hybrid (not sold in North America).

"We have inconvenienced many customers, and we're deeply sorry," Reuters reports Honda spokesperson Akemi Ando as saying.

The recall covers more than 400,000 Fit hybrids and other models. Honda is also facing lawsuits regarding collisions that involved outsourced airbags, also used by other auto makers, triggering millions of recalls.

Honda executives are taking pay cuts over a spate of recalls, including five for the Fit Hybrid, which is not sold in North America.

Shift points

- A recent study of fleet managers — who buy and manage vehicles for companies, governments and other groups — found they were responsible for more than half of global plug-in electric or plug-in hybrid vehicle sales through 2012.
- The Ledcor Group of Companies in British Columbia have taken delivery of more than 200 compressed natural gas vehicles, instantly creating one of Canada's largest CNG fleets. The Ford Transit Connect cargo vans are the first of their kind.
- Tesla partner Panasonic will invest about $9.2 million US in Tesla's project to supply electric-car batteries.

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Gunning for a sporty compromise

Victory Gunner. Bike combines power and agility with comfort

MARISSA BAECKER
drive@metronews.ca

Writer Melissa Baecker poses with custom-bike guru Arlen Ness.

My mission, should I choose to accept it, contained words about security, keeping things top-secret and some other stealth lingo. After reading its entirety, I fully expected my email to self-destruct.

But I was off to Daytona Beach to test-ride the all-new 2015 Victory Gunner, which has a starting price of $14,499.

The bike stood out for its stealth matte gun-metal looks and its sleek, smooth, design. The signature Victory tank smoothly flows into the frame, making the silhouette appear as one line. This edgy bobber has basic instruments and lighting, but detailed styling and ergonomics.

The looks are similar to the 2014 Victory Judge, but two areas that came up short with that bike appear to be addressed on the Gunner — my reach is a perfect distance to the bars and my legs rest comfortably on the controls.

The Gunner has drag-style bars — wide and ideal for sweeping turns and touring comfort, but a bit of a stretch for tighter corners.

Riding without a shield is surprisingly effortless, perhaps due to the low seating position of 25 inches. The controls are forward enough to accommodate the longer-legged but not so far as to tilt the pelvis.

With only four inches of ground clearance, it is no wonder that the pegs come standard with scrape bars. Riding through traffic, my rubber-soled boots stuck to the pegs more than once.

As I made my way through the first half of the 6-speed transmission, the 106-cubic-inch V-twin delivered instant power. In fourth and fifth gears, the power came later in the rpm. So much so that I did not feel the need for sixth gear, as I was already doing 120 km/h and still had plenty of room. "You need to be flying at around 140 km/h to need sixth" one rider said.

This 1,731-cc powerhouse is smooth with a telescopic front fork, although the rear shock is a little tougher over the bumps.

With beefy tires, I expected to have to muscle the Gunner around somewhat, but was pleasantly surprised with the agility of this 660-pound beast.

At higher speeds, the ride seemed to be much bouncier, but it was difficult to decipher whether the tires or the suspension was to blame.

The skyline was barely shrinking in my side mirrors when the phone in my pocket began to light up. I peeled off at the next exit and pulled over. Apparently, a photo shoot had been scheduled and the Gunner I was so comfortably enjoying had a few extra bells and whistles specifically installed for photographs. My mission was being recalled.

Back at the hangar, quite a crowd had formed. Models, stylists, photographers, assistants and several others with a vested interest in the shoot.

As the shoot began, we were ushered outside, where I engaged a fellow rider in conversation about the Gunner. He offered to let my try his bike for comparison. As I sat in the saddle of the enormous custom-built bike, I thought I should introduce myself.

"I'm Marissa from B.C.," I said.

"Hi, I'm Arlen," he replied.

"Nice to met you Arlen. Wait! Arlen as in Arlen Ness?"

I am such an idiot sometimes. Of course it was Arlen Ness, the world-renowned custom motorcycle designer. It was all snapping into place. The custom rides. The models. Why that guy was named Cory and his son was Zach!

Back in B.C., a few days later, I found another Gunner at the local Victory dealership and arranged to take it for the afternoon to finish my review.

Opening up the throttle on Hwy. 97, I noticed the roar of the pipes. I didn't remember the first Gunner having that aggressive attitude, so I took a closer look. This Gunner had Cobra two-into-one pipes in place of the stock dual exhaust. What a difference!

The Gunner is the perfect bike for the aging sport rider who still wants the power and agility of a sport bike without compromising the comfort and longevity of a cruiser.

The test-ride continued back home through the Okanagan, on a 2015 Victory Gunner equipped with an aftermarket single exhaust pipe. MARISSA BAECKER

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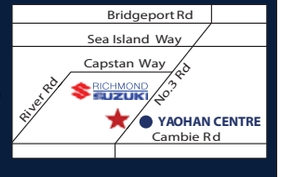

Striking the right chord

For the past 25 years, Nissan's Infiniti luxury brand has been combining a throaty roar from its engines with an equally throaty pitch from a series of spokesmodels — from Michael Douglas and Liev Schreiber to Jonathan Pryce and Henry Rollins

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Milestone. Infiniti brand marks a quarter-century of pitch-perfect pipes

When Nissan introduced its Infiniti luxury brand in 1989, it was up against some stiff competition from established German brands BMW and Mercedes.

To help build cachet, the Japanese automaker created cars with a distinct throaty roar more in tune with six-figure sports cars. It then turned to a series of throaty celebrities to act as spokesmodels to boost Infiniti's brand recognition among potential buyers.

In honour of its 25th anniversary, we look back at five of Infiniti's most iconic models, and the stars whose pipes helped sell them. We also look ahead to the next model, and who might get the nod to promote it.

J30
1992-1997

Nissan's rock-star designer Jerry Hirshberg envisioned the J30's rounded contours — a stark contrast to the wedge-shaped vibe that was then in vogue. Prima ballerina Karen Kain owned one — a testament to its grace — and when the model was discontinued, she graduated to its successor, the i30.

Mouthpiece: "Hey pal … don't you even think about it." Only Michael Douglas, with years of playing the prototypical yuppie to draw on, could deliver the line with just the right amount of Me Generation disdain.

The subject of his animus is a woodpecker peering into the J30's cabin, longingly admiring the burled wood trim.

Douglas' Infiniti stint would be short-lived, with Jonathan Pryce succeeding him.

Michael Douglas

Q50 Eau Rouge
TBD

When you name a car after the most trying corner at Spa Francorchamps circuit, the home of the Belgian Grand Prix, appetites are going to be whet with anticipation.

The 560-hp all-wheel-drive super sedan concept mates the Nissan GT-R's twin-turbocharged 3.8-litre V-6 with the seven-speed automatic transmission system found in the Q70. Including the GT-R's dual clutch gearbox probably would have eaten up too much space to make it feasible.

Scarlett Johansson

Mouthpiece: If Eau Rouge gets the green flag and goes into production, Infiniti is going to need a commercial narrator who can convey the car's combination of supple suspension, breakneck speed, and icy-veined composure.

Sounds like a job for Scarlett Johansson or perhaps Jason Statham.

Q45
1989-2006

Nissan dreamt up its high-end division in the mid-1980s, establishing a clandestine taskforce code-named Horizon. The curve-hugging embodiment of those efforts, the flagship Q45, was introduced at the 1989 Detroit auto show. The grille-less rear-wheel-drive luxury sedan with all-multilink suspension and a 278-hp, 4.5-litre V8 struck a chord.

Mouthpiece: Infiniti's nascent commercials were high-concept affairs, featuring flocking geese and rippling ponds. After enduring talk-show ribbing, the company shifted gears. When the second generation rolled out, Jonathan Pryce's Welsh wiles, wit, and mambo moves spun pure brand-affinity-building gold.

Jonathan Pryce

G37 (Q-40)
2008-present

The nimble G37, available as both a sport coupe and sedan, has risen up the luxury board to contend with the BMW 3 Series.

The ability to clip apexes while navigating a winding mountain pass at high speeds is a premium car's bread and butter.

But the real measure of "inspired performance" is the art you inspire. In honour of Infiniti's 20th and Cirque du Soleil's 25th anniversary, Heidi Taillefer hand-painted a G37 to reflect its intricate mechanics and contortionist grace (top photo).

Mouthpiece: Former Black Flag frontman Henry Rollins apparently landed the gig as a voiceover narrator on his authoritative pipes alone.

Henry Rollins

M Series (Q70)
2002-present

When you bestow a car with the same sobriquet as Ian Fleming's MI6 honcho, it had better be as intelligent and refined as Dame Judy Dench. The 2011 model introduced blind-spot intervention, then a novel feature enhancing mere warning alerts with selective braking.

Also new on that model was the Forest Air system, with sensors to prevent unsavory scents from invading the cabin and a breeze mode to emulate a more natural cooling sensation.

Mouthpiece: "Have you driven a car with pure silver dust hand-polished into the wood?" Only Liev Schreiber's complex vocal cocktail could read that line and win you over.

Liev Schreiber

Toyota Corolla ups the ante on style

While value and reliability have always been Toyota's hallmarks, the 2015 Corolla has upped the ante on style. In addition to its bold styling, the 2015 Corolla blends advanced technology and connectivity features, impressive fuel efficiency, responsive handling, and safety in an affordable sedan that's compact on the outside but roomy on the inside.

The best-selling vehicle in Toyota's lineup, the Corolla uses a 1.8-litre engine with a choice of three transmissions. Select the automatic Continuously Variable Transmission with Intelligent Shift (CVTi-S), and enjoy fuel economy as low as 5.7 L/100 km in combined driving.[1] The Corolla's wide track, sporty suspension and direct steering response along with fun-to-drive sport modes offer a smooth, quiet and spirited ride.

The styling not only looks vibrant and energetic, but the sculpted body reduces wind resistance. All models use LED projector headlamps, which use less energy and provide better visibility. And with their distinctive look they are sure to get noticed on the road.

Occupants enjoy impressive rear legroom and interior space, comfortable seats, and controls that are easy to reach and use. All models include standard Bluetooth, audio and phone controls on the steering wheel, and USB and auxiliary ports, while a 6.1-inch touchscreen display audio system with backup camera is available.

CONTRIBUTED

Safety is a priority in every Toyota vehicle, and the Corolla is no exception. Every model includes eight standard airbags, including one for the driver's knee, front seats designed to lessen whiplash injury, brake assist, which applies the brakes firmly if the driver doesn't press hard enough in a panic stop, stability and traction control, and Toyota's Star Safety System, including Smart Stop Technology.

The new Corolla focuses on style, technology, comfort, responsive handling and safety in a vehicle that's roomy and practical, but also sporty, stylish, and fun to drive. It's Corolla, like you've never seen it before.

[1] Fuel efficiency estimates were determined using approved Government of Canada test methods. Actual fuel consumption will vary based on driving habits and other factors.

CONTRIBUTED

GREAT FEATURES

The 2015 Corolla is all about great features at a great price, and it comes with many that you might only expect to see in more expensive models. Some of its available features include an eight-way power driver's seat, heated front seats, a leather-wrapped steering wheel, automatic climate control, XM satellite radio, voice recognition, pushbutton ignition, auto-dimming rearview mirror, automatic LED headlights, tire pressure monitoring system, an airbag for the driver's knee, and an airbag in the front passenger airbag cushion to prevent the occupant from sliding forward in a crash.

We've only changed one thing about the Corolla: Everything.
With improved styling, technology, comfort and safety, you've never seen a Corolla quite like this.
COROLLA
Like you've never seen it before.

TOYOTA
toyota.ca

Technology. Flying car that runs on regular gas and fits in regular parking spot is 'very close to finished'

The AeroMobil 3.0 flying car has been unveiled, and it takes off quicker than ever.

Revealed at the Pioneers Festival in Vienna, the latest prototype of the vehicle features significant improvements and upgrades since its last version.

The machine, which its designers say is "very close to the finished product," is now being tested in real flight conditions.

Designed and manufactured in just 10 months, the car is about the same size as a limousine or a large luxury sedan, and can be parked in regular parking spots in cities. It runs on standard gasoline and can be fuelled at regular gas stations.

"I believe AeroMobil will inspire new ways of thinking about personal travel," says CEO Juraj Vaculik. "It may really enable new ways of travel, advancing it to a new level. We are set to reinvent the flying car without constraints and deliver excitement through unique technical solution and design."

Now being tested in real flight conditions, the AeroMobil collapses to the size of a limousine for road use. AFP

Video link

For a YouTube video of the AeroMobil in flight, go to bit.ly/1rWho44.

The Slovakian invention has been in development since 1989, when Stefan Klein began working on a concept of a flying car. He was joined by Vaculik in 2010 and the pair embarked upon commercializing the project. **AFP**

Co-created by actor Keanu Reeves, the Arch KRGT-1 starts at $78,000. AFP

Motorcycles. Keanu Reeves finally reveals his custom two-wheeler

In 2007, Canadian actor Keanu Reeves (The Matrix) co-founded Arch Motorcycle Co. with designer and engineer Gard Hollinger.

Now the venture is launching its first production model, the Arch KRGT-1, based on a concept unveiled in 2012.

Unequivocally sporty, the Arch KRGT-1 boasts a 2,032 cc S&S Cycle V-Twin engine (122 hp) paired with a six-speed Baker Drivetrain transmission.

The model has a chassis in aluminum and steel, BST wheels in ultralight carbon fibre, and Ohlins suspension.

With a starting price of $78,000, the KRGT-1 is available on the company's website at archmotorcycle.com. **AFP**

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Something that seemed so simple a few days ago now looks complicated. Maybe it is, or maybe it's just your mind. Either way, don't make any hasty decisions today.

♉ Taurus
April 21 - May 21
The more time and effort you pour into a certain situation the worse it appears to get. Why not take the hint and back off?

♊ Gemini
May 22 - June 21
According to the planets you are working too hard and need to take a break. Everyone needs time to relax and you need it more than most right now.

♋ Cancer
June 22 - July 23
It may be tempting to go beyond what you know you are capable of but the planets warn your calculations could easily be wrong — and that could be costly in more ways than one.

♌ Leo
July 24 - Aug. 23
Certain areas of your private life may be chaotic but that is no reason to change everything. Focus on one task at a time today and don't let domestic worries detract from equally important issues.

♍ Virgo
Aug. 24 - Sept. 23
Your assumptions about what is right and wrong will be challenged today. You may need to change what you believe in.

♎ Libra
Sept. 24 - Oct. 23
Today's Sun-Uranus link warns that changing things for the sake of it is both foolish and dangerous. If something isn't broken then why try to fix it?

♏ Scorpio
Oct. 24 - Nov. 22
A difficult situation is set to continue for some while yet. Changes may be worrying but in the long-term you will be glad you were forced to move in a new direction.

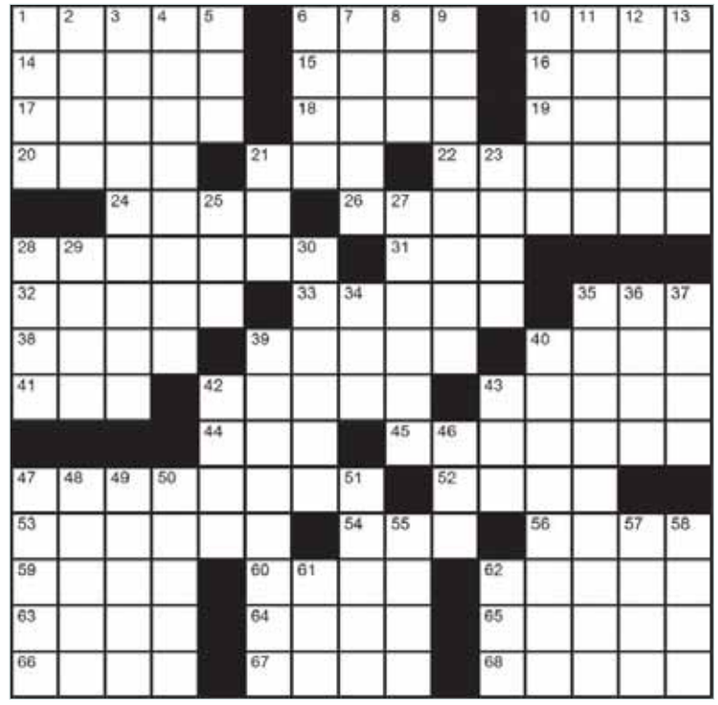
♐ Sagittarius
Nov. 23 - Dec. 21
Why are you so determined to look on the gloomy side of life? No doubt it has something to do with cosmic activity in the most sensitive area of your chart but you don't have to worry.

♑ Capricorn
Dec. 22 - Jan. 20
Resist the urge to make snap decisions today. The Sun at odds with Uranus means you should proceed with caution, in your private life and at work.

♒ Aquarius
Jan. 21 - Feb. 19
Certain things are going out of your life and, if you are sensible, you will speed them on their way. The new is invariably more rewarding than the old.

♓ Pisces
Feb. 20 - March 20
The planets warn that your critical faculties are not what they should be at the moment, so try not to get too excited if certain people make you remarkable offers.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across

1. 'Piece of My Soul' singer from Sherbrooke
6. Vegetable variety
10. Smudge
14. Music's Lisa, and surnamesakes
15. Opera voice
16. Role for Canadian actress Kristin Kreuk on "Smallville", __ Lang
17. __ it goes (There you have it): 2 wds.
18. Very: German
19. Against
20. Financial woe
21. Electrical resistance unit
22. __ Inlet, Nunavut
24. Glorify
26. National Enquirer breaking stories
28. Like a newborn baby bird's egg
31. New Wave singer Adam
32. Use a bike
33. G's spelled-out follower
35. Compass dir.
38. Lynn __ (Manitoba town)
39. Air conditioners company
40. Network for Ed Grimley
41. Mag. edition
42. Red Hot __ Peppers
43. Chevrolet SUV model
44. __ Tin Tin
45. Actor Ron
47. Thoroughfare in Vancouver, __ __.
52. May, in Lisbon
53. "Alas, poor __! I knew him, Horatio..." - Hamlet
54. Adele's "Rumour __ It"
56. Null and __
59. Music key, _ __.
60. Wild goat
62. The Great __, "The Flintstones" alien
63. Sword sort
64. Not yet final, at law
65. Pitching _ __
66. Also-__ (Runners-up)
67. Departs
68. Not nos

Down

1. Beaming
2. The best
3. Ottawa's CFL football team
4. Hindrance
5. Mil. entertainment presenter
6. #9-Down's "Reign" role
7. Chemistry: Ca and Fe, e.g.
8. Ordinal suffix
9. Mr. Coombs, Vancouver-born actor
10. Boring
11. Sri __
12. Up to
13. Precipitations
21. Lyric poem
23. Literary collection [abbr.]
25. Baby guitar
27. Feline's treat
28. Nero's 251
29. Scandinavian rugs
30. "Beyond the Sea" singer Bobby's
34. 'President' suffix
35. Hobnobs
36. Ancient colonnade
37. Fifty-fifty
39. Ed Sheeran's "__ Out Loud"
40. Drool
42. Dundee's fave reptile
43. __-la-la
46. Bad __ (German spa resort)
47. Actress Winona
48. __-Loompa
49. Conan O's missing bit
50. Trigonometry ratios
51. Guess Who's "__ Eyes"
55. Allies foe in WWII
57. Ms. Skye of "Say Anything..." (1989)
58. Points
61. __-Oil (Skincare brand)
62. __ Lea (Canadian dairy products brand)

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	4	1	6	9	8	7	2
8	7	1	2	5	3	9	4	6
9	2	6	8	7	4	3	1	5
2	8	3	5	9	1	4	6	7
1	4	9	6	8	7	5	2	3
5	6	7	4	3	2	1	9	8
4	1	8	7	2	5	6	3	9
6	3	2	9	1	8	7	5	4
7	9	5	3	4	6	2	8	1

Conceptis Sudoku By Dave Green

8		5				3		
	6		7		5		2	
		2				5		
	2		9		1		3	7
				6				
	9	8	3	4	7	2	5	
		4				6		
		3				8		
			8	2	9			

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